

Directory of Pregnancy Links and Related Web Sites



This directory is an expanded list of government agencies, voluntary associations, and private organizations that provide pregnancy information and resources.

These organizations and related websites offer educational material and support to the general public and/or health care professionals.

**Links to non-federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by the Army Medical Department (AMEDD) or the Department of Defense (DoD) and none should be inferred. The AMEDD and the DoD is not responsible for the content of the
| via these web sites or their links.**

Links checked and working as of November 2002.

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Pregnancy Links and Related Websites

Government Sites

Agency for Healthcare Research and Quality (AHRQ)

www.ahrq.gov/

The Agency for Healthcare Research and Quality (AHRQ) provides evidence-based information on health care outcomes, quality, cost, use, and access. Information from AHRQ's research helps people make more informed decisions and improve the quality of health care services. AHRQ was formerly known as the Agency for Health Care Policy and Research.

American Legacy Foundation

www.americanlegacy.org

The American Legacy Foundation (Legacy) is a national, independent public health foundation located in Washington, D.C. The foundation collaborates with national, state, and local organizations through grant awards, research initiatives, marketing efforts, and training programs in an effort to reduce tobacco use in the United States. Has the Great Start campaign to reduce smoking during pregnancy. Quitting smoking is one of the most important actions a woman can take to improve the outcome of her pregnancy. Smoking during pregnancy continues to threaten the health of mothers and babies across the nation. It is estimated that more than 426,000 women smoke during pregnancy each year in America

Center for Disease Control (CDC)

www.cdc.gov/health/pregnancy.htm

This is an excellent website for primarily providers who are interested in obtaining or studying epidemiologically significant information about pregnancies. Most of the articles are written about epidemiologically significant variables such as diseases, nutrition and risk factors that influence pregnancy.

Center of Excellence for Medical Multimedia

www.cemm.org

The CEMM is a dynamic initiative from the Office of the Surgeon General aimed at supplying the most powerful interactive technologies available to Medical Treatment Facilities (MTF), Health and Wellness Centers (HAWC), and TRICARE civilian medical facilities. The CEMM is destined to become a nationally recognized leader in patient-related interactive multimedia. It's innovative structure and sophisticated production outsourcing strategies position it perfectly for rapid response to the ever-changing needs of patients. This site has an online pregnancy program.

CDC's Youth Risk Behavior Survey (YRBS)

www.cdc.gov/nccdphp/dash/yrbs/yrbsaag.htm

CDC's YRBS is the only surveillance system to monitor a wide range of priority health risk behaviors among youth at the national, state and local levels. The YRBS covers tobacco use, unhealthy dietary behaviors, inadequate physical activity, alcohol and other drug use, and sexual behaviors that may result in HIV infection, other sexually transmitted diseases, and unintended pregnancies. It also covers behaviors that may result in violence and unintentional injuries (motor vehicle crashes).

Pregnancy Links and Related Web Sites

Headquarters, Marine Corps

www.hqmc.usmc.mil/hqmcmain.nsf/frontpage

Click on health services under HQMC. Then scroll down for a link to women's health resources and pregnancy information.

HealtheForces

www.healtheforces.org

"HEALTHeFORCES transforms the way healthcare is delivered to our military beneficiaries. National standards of care are achieved through the collaboration of patients and providers supported by emerging technologies and outcomes-based medicine. It's high-tech and high-touch merged to achieve excellence."

Health Finder ®

www.healthfinder.gov

Reliable health information which Includes a library, medical dictionary, special health topics organized by age from kids to seniors, by race and ethnicity, for men and women, and for parents, caregivers, health professionals, and others. Also covers information about doctors, dentists, public clinics, hospitals, long-term care, nursing homes, health insurance, prescriptions, health fraud, Medicare, Medicaid, and medical privacy.

Healthy People 2010

www.health.gov/healthypeople/LHI/

This is a gateway to reliable health information resources that have been carefully selected by the U.S. Department of Health and Human Services from over 1,700 government agencies and nonprofit organizations. Every resource listed includes a brief description and contact information for the organization that produces it - no mystery web sites are found here!

MEDLINEplus

www.nlm.nih.gov/medlineplus

This site contains up-to-date, quality health care information from the National Library of Medicine at the National Institutes of Health, access to extensive information about specific diseases and conditions and links to consumer health information. Dictionaries, lists of hospitals and physicians, health information in Spanish and other languages, and clinical trials are also available.

National Center for Chronic Disease Prevention and Health Promotion

<http://chid.nih.gov/subfile/contribs/ps.html>

The Prenatal Smoking Cessation sub file, produced by the [National Center for Chronic Disease Prevention and Health Promotion](http://chid.nih.gov/subfile/contribs/ps.html) of the Centers for Disease Control and Prevention, collects and provides information emphasizing the application of effective prenatal smoking cessation program activities and risk reduction efforts. The information includes journal articles, monographs, technical reports, proceedings, papers, policy documents, legislation, unpublished documents, curricular materials, and descriptions of prenatal smoking cessation programs and risk reduction interventions. This information is intended for health professionals and covers a wide range of activities at the international, national, state, and local levels.

Pregnancy Links and Related Web Sites

National Guideline Clearinghouse

www.ngc.gov/index.asp

The National Guideline Clearinghouse™ (NGC) is a comprehensive database of evidence-based clinical practice guidelines and related documents produced by the [Agency for Healthcare Research and Quality \(AHRQ\)](#) (formerly the Agency for Health Care Policy and Research [AHCPR]), in partnership with the [American Medical Association \(AMA\)](#) and the [American Association of Health Plans \(AAHP\)](#).

National Women's Health Information Center (NWHIC)

www.4woman.gov

A service of the [Office on Women's Health](#) in the Department of Health and Human Services, the NWHIC provides a gateway to the vast array of Federal and other women's health information resources.

Navy Personnel Command

www.bupers.navy.mil

The mission is to support the needs of the Navy by providing the Fleet with the right person in the right place at the right time. Strive to satisfy sailors' personal goals and improve their quality of life; provide them with meaningful and rewarding career opportunities, promote and retain the best, and ensure fair and equitable treatment of all hands, by all hands, at all times. Has links to guidelines concerning pregnant servicewomen.

Office of the Surgeon General

www.surgeongeneral.gov/sgooffice.htm

Many health topics listed here including women and children health issues.

Partners in Information Access for Public Health Professionals

<http://nnlm.gov/partners/hp>

The purpose of this site is to make information and [evidence-based strategies](#) related to the Healthy People 2010 objectives easier to find. The National Library of Medicine and the Public Health Foundation staff have worked together to develop pre-formulated search strategies for selected [Healthy People 2010](#) focus areas.

TRICARE Military Health System

www.tricare.ods.mil

This Department of Defense page provides information on military health care issues, health care benefits and programs for military personnel and their families.

Uniformed Services University of the Health Sciences Learning Center

www.lrc.usuhs.mil

This website is the online library of the Uniformed Services University of the Health Sciences. Through this website, the user can search for a particular article, book or course information.

Pregnancy Links and Related Web Sites

U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM)

<http://chppm-www.apgea.army.mil>

U.S. Army CHPPM's mission is to provide worldwide technical support for implementing preventive medicine, public health, and health promotion/wellness services into all aspects of America's Army and the Army Community anticipating and rapidly responding to operational needs and adaptable to a changing world environment.

U.S. Army Medical Command, Quality Management Directorate

www.gmo.amedd.army.mil

This is a DoD site with information on all VA/DoD clinical practice guidelines and other quality management initiatives in the Army Medical Department. Also has re-ordering information on clinical practice guideline tool kits. Lists Air Force, Navy and VA points of contact for tool kit orders.

U.S. Department of Defense PharmacoEconomic Center

www.pec.ha.osd.mil

The Department of Defense (DoD) PharmacoEconomic (PEC) Center is a customer oriented Center of Excellence implementing recognized state of the art pharmacoeconomic analysis for the purpose of improving readiness by increasing value, quality, and access to medical care and pharmacotherapy within the available resources of the Military Health System. The PEC works with the VA/DoD Clinical Practice Guideline Workgroup to formulate the drug therapy components of clinical practice guidelines and associated metrics. The PEC UPDATE is a newsletter published by the PEC to disseminate pertinent information on pharmacoeconomic or pharmacotherapeutic issues relevant to the Military Health System.

US Navy Medicine

<http://navymedicine.med.navy.mil>

Navy Medicine provides high quality, economical health care to about 700,000 active duty Navy and Marine Corps members, to 2.6 million active duty, retired and family members at a little more than half the national per capita average cost while supporting contingency, humanitarian and joint operations around the world with highly trained, dedicated health care professionals adhering to the principles of Total Quality Leadership. Links to policy references concerning pregnant servicewomen.

Veterans' Health Affairs, Office of Quality and Performance

www.oqp.med.va.gov/cpg/cpg.htm

Implementation of evidence-based clinical practice guidelines is one strategy VA has embraced to improve care by reducing variation in practice and systematizing "best practices". Guidelines, as generic tools to improve the processes of care for patient cohorts, serve to reduce errors, and provide consistent quality of care and utilization of resources throughout the system. The following guidelines are those endorsed by VA's National Clinical Practice Guidelines Council.

Pregnancy Links and Related Web Sites

Professional and Private Organization Sites

Alan Guttmacher Institute

www.guttmacher.org

This independent, not-for-profit corporation focuses on sexual and reproductive health research, policy analysis, and public education. Its goal is to protect the reproductive choices of all women and men in the United States and throughout the world. It offers a topic specific list of online and print resources to the user. The Institute does not provide any direct family planning services or funding.

American Academy of Family Physicians

<http://aafp.org>

News of interest to all primary care providers. Has a section on Management of Maternity (MOM) care. Open and member-only areas.

American Academy of Pediatrics

www.aap.org

This is the website of the American Academy of Pediatrics. In it is available a wealth of articles about teenage pregnancy and related issues. The articles are written for the reader who is a healthcare professional. Nonmembers can access these sites.

American College of Nurse-Midwives

www.acnm.org

The American College of Nurse Midwives was established to support the delivery of high quality service to women and newborns within their families and communities through the practice of midwifery. This is the professional organization for Certified Nurse Midwives & Certified Midwives. It sponsors research, publishes and disseminates scientific and educational materials, sponsors meetings, grants scholarships to nurse-midwifery students and post-graduates; and grants fellowships to midwives who are in doctoral or post-doctoral studies. There is both professional and client information and serves to promote individualized, family centered women's health care.

American College of Obstetricians and Gynecologists (ACOG)

www.acog.org

This is the official website of the American College of Obstetricians and Gynecologist. It is a major advocate of quality care for women. It is the proponent of maintaining the highest standards of clinical practice and continuing education for its members. It is a proponent of patient education and patient understanding and involvement in her medical care. It endeavors to promote increased awareness of the changing health care issues for women. Has available patient education material but is written for individuals with reading skills above the 12th grade.

Association of Reproductive Health Professionals

www.arhp.org

This organization is dedicated to educating health care providers and the general public about important reproductive health issues. Its membership is comprised of prestigious national and international leaders in research and clinical care. It offers conferences, patient education materials and provider education.

Pregnancy Links and Related Web Sites

Association of Women's Health, Obstetric and Neonatal Nurses

www.awhonn.org

This is the website serving the unique needs of nurses specializing in the care of newborns and women. Though specialized programs, publications, practice resources and public policy, AWHONN empowers its members to succeed as nursing professionals and to provide superior health care to their patients.

Minerva Center: Women in the Military

www.minervacenter.com/links.htm

The MINERVA Center, Inc. is an educational and research 501(c) 3 corporation for the study of women in war and women and the military. Has useful links for women's military studies.

National Campaign to Prevent Teen Pregnancy

www.teenpregnancy.org

This is a Spanish & English website aimed at the prevention of teenage pregnancy. Its mission is to improve the well-being of children, youth, and families by reducing teen pregnancy. The site is very informative and includes anecdotal and links to available resources on the topic.

Virtual Hospital

www.vh.org

The Virtual Hospital is a digital health sciences library created in 1992 at the University of Iowa to help meet the information needs of health care providers and patients. The Virtual Hospital digital library contains hundreds of books and brochures for health care providers and patients. A button is on the home page for patients, providers, inside the virtual hospital, outside the virtual hospital, virtual children's hospital, and common problems. This website is well designed and easy to navigate.

Virtual Naval Hospital

www.vnh.org

Virtual Naval Hospital is a digital health science library created to meet the informational needs of isolated primary care providers and their patients in the United States Navy. The Virtual Naval Hospital lowers barriers to accessing information for disease diagnosis, decision support, treatment, and follow-up as well as for patient education. The Hospital supports the combat readiness of the uniformed services by protecting and maintaining the health of service members anytime and anywhere.

Miscellaneous Sites

Medscape

www.medscape.com/homepage

This website aims to support all health professionals in their everyday practice, providing a portal to high quality evidence based health information, as well as a range of teaching materials. The website <http://www.medscape.com/womenshealthhome> is the home page for women's health issues through the dissemination of user-friendly evidence based patient information.

Pregnancy Links and Related Web Sites

Wellmed

www.wellmed.com

Wellmed tailors the content of its information to the individual needs of each user. The health information that WellMed delivers can also help people communicate their health care requirements more effectively to employers, healthplans and care providers.

Patient Sites

Breastfeeding

www.breastfeeding.com/

A commercial site that offers breast feeding information and support.

Childbirth

www.childbirth.org

This website is for consumers of pregnancy care and information. Pregnancy is a very special time in a person's life. Good consumer education to understand options and how to get the best possible care are essential to a healthy pregnancy. There are many links for education, information, and personal nature.

Family Doctor

www.familydoctor.org

This is a link from the American Academy of Family Physicians with consumer information on a variety of health topics and links. Click on health topics and find health information for the whole family.

Food and Nutrition Information Center

www.nal.usda.gov/fnic/

The Food and Nutrition Information Center ([FNIC](http://www.fnic.gov)) is located at the [National Agricultural Library](http://www.nal.usda.gov) (NAL), part of the U.S. Department of Agriculture. FNIC's mission, since 1971, has been to collect and disseminate information about food and human nutrition. Click on topics A-Z for information on nutrition and pregnancy and breastfeeding.

Got Mom

www.gotmom.org/

GotMom.org was created by the American College of Nurse-Midwives to provide breastfeeding information and resources for mothers and families.

Having a Health Baby

www.plannedparenthood.org/PARENTS/prenatal-page1.html

Preparing for the birth of a child can be one of life's great experiences. It's best to start preparing before you become pregnant. If that is not possible, you still have about nine months to prepare during pregnancy. Begin as soon as you know you're pregnant. The key is taking good care of your own health. This is Planned Parenthood's link to taking good care of yourself and getting good prenatal care.

Pregnancy Links and Related Web Sites

InteliHealth

www.intelihealth.com

Faculty at Harvard Medical School consisting of a core of 14 physicians and one pharmacist works closely with InteliHealth staff to create new health content and to review articles and other content for clinical accuracy and relevance. Content ranges from pediatrics to geriatrics. Click on Women's Health for general information on pregnancy and related information.

IParenting Media

www.iparentingmedia.com

This is a website for parenting and women. It offers a great deal of information about topics ranging from conception through adolescence. It is bilingual and offers materials in both, English and Spanish. Information is divided into sections similar to stages of the life cycle: preconception, pregnancy, breastfeeding, toddler, preschool, childhood, preadolescence and adolescence. It is sometimes difficult to distinguish between articles authored by subject-matter experts versus authors wishing to share anecdotal comments. It has an online mail order section for ordering a variety of items. In summary, some may find that this website offers predominantly leisure reading rather than educative material.

La Leche League

www.lalecheleague.org/

La Leche League was founded to give information and encouragement, mainly through personal help, to all mothers who want to breastfeed their babies. While complementing the care of the physician and other health care professionals, it recognizes the unique importance of one mother helping another to perceive the needs of her child and to learn the best means of fulfilling those needs. Provides information, local meetings, and support for both professionals and the public worldwide.

March of Dimes

www.modimes.org

The mission of the March of Dimes is to improve the health of babies. The site presents useful information about pregnancy and newborns. The March of Dimes helps pregnant women know what to worry about and what not to worry about when it comes to having a healthy baby. Through our Pregnancy & Newborn Health Education Center women can get free one-on-one, confidential answers to their questions about pregnancy, preconception, newborn screening and related topics.

MEDLINEplus Health Information

www.nlm.nih.gov/medlineplus/pregnancy.html

A goldmine of good health information from the world's largest medical library, the National Library of Medicine. Health professionals and consumers alike can depend on it for information that is authoritative and up to date. MEDLINEplus has extensive information from the National Institutes of Health and other trusted sources on over 500 diseases and conditions. From the home page, click on health topics and there is a wealth of information on women's health and pregnancy.

Pregnancy Links and Related Web Sites

MEDWEB

<http://170.140.143.133/MedWeb/>

MedWeb is a catalog of biomedical and health related web sites maintained by the staff of the Robert W. Woodruff Health Sciences Center Library at Emory University. MedWeb's primary audience is the academic and research community at Emory. Has links to many resources that can be used by patients.

National Woman's Health Information Center

www.4women.org

This website is the entry point to the vast array of Federal and other woman's health information resources. It also allows the user to link to, read and download a variety of woman's health related materials by federal agencies and by the private sector. The goal of the website is to ensure a healthier future for all American women.

National Women's Health Resource Center

www.healthywomen.org/

The National Women's Health Resource Center, Inc. (NWHRC) has helped millions of women educate themselves about the health topics that concern them the most. The non-profit organization, dedicated to helping women make informed decisions about their health, encourages women to embrace healthy lifestyles to promote wellness and prevent disease.

New York Online Access to Health (NOAH)

www.noah-health.org/

NOAH provides access to high quality full-text consumer health information in English and Spanish that is accurate, timely, relevant and unbiased.

Planned Parenthood

www.plannedparenthood.org

Planned Parenthood Federation of America, Inc., is the world's largest voluntary reproductive health care organization. Has many links to family planning, early pregnancy detection, women's health, pregnancy and parenting.

Pregnancy and Low Back Pain

www.physsportsmed.com/issues/1996/07_96/coll_pa.htm

This website provides a brief article about low back pain in pregnancy. At the end of the article, the author describes exercises that can be done by a pregnant woman to strengthen her back. She should inform her health care provider, if she starts an exercise program.

Reproductive Center of Mayo Clinic

www.mayoclinic.com

The Reproductive Center is a major subsection of the Mayo Clinic website. It is a comprehensive resource for parents-to-be, and for those who plan to be pregnant. It offers a great deal of information. Since the user will enter it through the Mayo Clinic homepage, a possibility of "side trips" may occur. To get the information about pregnancy, the user must select "Health Living Conditions" then "Pregnancy & Reproduction" from the left margin of the home page.